



Grit — like the texture of sandpaper — is a popular word right now. Raising kids who can work through hard times is an important skill, but as adults we know it isn't that easy, and sometimes there are barriers that our young ones simply can't overcome. But for those goals that are achievable - having grit is what can get kids to the finish line.

GRIT:

Refusing to give up when life gets hard

Grit OCTOBER 2022



SAY IT:

Grit means refusing to give up when life gets hard.

KNOW IT:

ASK A GROWN UP:

- What's the hardest thing you have ever had to do in your life?
- Did you ever feel like giving up?
- What made you want to keep going even when it got hard?

ASK A KID:

- Have you ever wanted to give up when you faced a challenge? How did it feel to keep on going and finish the challenge?
- Have you ever given up and wished you had kept on trying?

SEE IT:

Plan a family movie night and watch *The Gabby Douglas Story* (you may have to rent it on a streaming platform.) As a young girl, Gabby Douglas had a dream so she set a very ambitious goal for herself. She faced challenge after challenge. Every time she made progress, she faced another challenge that seemed almost impossible to overcome. If you are familiar with her story, you already know her grit paid off in a big way. If not, get ready to be inspired to never give up on your dreams, no matter how hard life gets.

BE IT:

This month, set a family goal that will be hard to reach. Choose something that will take grit. When it starts getting tough, encourage each other to refuse to give up, even when it gets hard. Pick something fun, like practicing a sport for an hour every day. Maybe something healthy, like walking 2 miles each day. Or something for your brain, like reading 5 books as a family. How about something practical, like a saving goal or a home improvement project? You may even want to set individual goals that you can encourage each other to accomplish and keep motivating one another to never give up.

PHASE

Grit

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.

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GRIT // MUSTANG // TERRA COTTA

Millions of years ago, ancestors of modern horses lived in what is now the Western United States. For an unknown reason, they disappeared for 10,000 years. Then Spanish conquistadors brought horses to North and South America in the 1500s.

Descendants of these Spanish horses thrived in the West, becoming known simply as "mustangs." Their characteristics vary, depending on what kinds of horses their ancestors mingled with. They range from 13 to 16 hands high. (Horses are measured at the withers, and a "hand" is four inches.) Mustangs can be a variety of colors, from dun to bay to palomino to black to spotted and more. Hardy and intelligent, they're used to fending for themselves.

Some mustangs gather near the Montana/Wyoming border at East Pryor Mountain, in the foothills of the desert, every spring. Their only water source during winter is snow. These horses still have characteristics of their Spanish heritage, such as stripes on their legs, bars across their shoulders, and a dorsal stripe down their back. Genetic testing supports this family tree - horses known today as the Colonial Spanish Horse or the Spanish Mustang. They are considered rare.

More than 60,000 horses roam public lands in the western U.S., with others cared for off the range. (The ideal amount, according to government officials, would be about half of that number.) Sometimes private citizens adopt wild mustangs in special programs. Mustangs excel in many organized horse endeavors but require human partners who understand their survival instincts and sharp minds. Mustangs are used to the challenges of life in the wild, making them very sensitive, curious, and smart.

GRIT: *Refusing to give up when life gets hard*

**Symbols of the American West,
mustangs are hardy and resourceful.**

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GRIT // MUSTANG // TERRA COTTA

The name terra cotta (or, terracotta) means “baked earth” in Italian. As earthenware and a material for art, terra cotta has a history going back more than 20,000 years. We might think of brown flower pots, but terra cotta has been used for everything from bricks and roof tiles to the army of 8,000-plus soldiers and hundreds of horses buried with a Chinese emperor in the middle of the third century BC. (That amazing find was not discovered until the 1970s.) The reddish color in this versatile, hardworking clay comes from its iron content. With shades between orange and brown, terra cotta offers traits of steadiness and warmth.

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